

WEEKLY SWIMMING POOL SCHEDULE | 2024

MONDAY

06.30 - 09.00	Adult Swim
09.00 - 12.00	Swim for All
09.30 - 10.15	Aqua Aerobics
10.30 - 12.00	Baby Swimming Lessons B
12.00 - 14.00	Adult Swim
14.00 - 14.45	Hydrohex MOVE
14.00 - 18.30	Swim for All
15.30 - 19.30	Swimming Lessons ● ●
15.30 - 19.00	Swimming Lessons B
18.30 - 21.45	Adult Swim
19.00 - 19.30	Swimming Lessons ●
19.00 - 19.45	Aqua Aerobics
20.00 - 20.45	Hydrohex POWER

THURSDAY

06.30 - 09.00	Adult Swim
08.45 - 09.30	Hydrohex MOVE
09.00 - 12.00	Swim for All
09.30 - 10.30	Baby Swimming Lessons B
11.00 - 11.45	Aqua Aerobics
12.00 - 14.00	Adult Swim
13.30 - 16.00	NHS B
14.00 - 18.30	Swim for All
15.30 - 19.30	Swimming Lessons ● ●
15.30 - 19.00	Swimming Lessons B
18.30 - 21.45	Adult Swim
19.10 - 19.55	Aqua Aerobics

TUESDAY

06.30 - 09.00	Adult Swim
07.30 - 08.20	Hydrohex POWER
09.00 - 12.00	Swim for All
09.30 - 10.15	Aqua Aerobics
10.45 - 11.30	Aqua Aerobics
11.30 - 12.30	Baby Swimming Lessons B
12.00 - 14.00	Adult Swim
12.00 - 12.45	Aqua Cycling B
14.00 - 14.45	Hydrohex CARDIO
14.00 - 18.30	Swim for All
15.30 - 19.30	Swimming Lessons ● ●
15.30 - 19.00	Swimming Lessons B
18.30 - 21.45	Adult Swim
19.30 - 20.15	Aqua Cycling B

FRIDAY

06.30 - 09.00	Adult Swim
08.30 - 09.30	NHS ●
09.00 - 10.00	Baby Swimming Lessons B
09.00 - 12.00	Swim for All
10.15 - 11.00	Aqua Aerobics
11.30 - 12.15	Aqua Cycling B
12.00 - 14.00	Adult Swim
14.00 - 18.30	Swim for All
15.30 - 19.30	Swimming Lessons ● ● B
18.30 - 20.15	Adult Swim
19.40 - 20.10	Hydrohex BEAT

WEDNESDAY

06.30 - 09.00	Adult Swim
09.00 - 12.00	Swim for All
09.30 - 10.15	Aqua Aerobics
10.30 - 12.00	Baby Swimming Lessons B
12.00 - 14.00	Adult Swim
13.45 - 14.45	School Swimming Lessons ● ●
14.00 - 18.30	Swim for All
15.30 - 19.30	Swimming Lessons ● ●
15.30 - 19.00	Swimming Lessons B
18.30 - 21.45	Adult Swim
19.30 - 20.15	Hydrohex POWER

SATURDAY

08.00 - 10.30	Adult Swim
09.20 - 10.05	Aqua Cycling B
10.30 - 15.30	Swimming Lessons ● ●
10.30 - 15.00	Swimming Lessons B
10.30 - 15.30	Swim for All
15.30 - 16.15	Hydrohex CARDIO
15.30 - 17.45	Adult Swim

SUNDAY

08.00 - 10.30	Adult Swim
09.00 - 10.00	Additional Needs Swimming B
10.00 - 15.00	Swimming Lessons ● ● B
10.30 - 15.30	Swim for All
15.30 - 17.45	Adult Swim

ADULTS SWIM
 SWIM FOR ALL
 CLASSES
 LESSONS
 HYDROHEX
 B BOOM AREA IN USE
 LANES OCCUPIED

Please note that the swimming pool accommodates multiple activities on a daily basis and the programme may be subject to change. During Aqua classes the lanes will be clearly marked for general swim. Please note that childrens lessons may take place during Adult swim times. Please be aware there will be times when we will section off a 5m area of the open swimming area for swimming lessons.